**Reflection on Child and Adult Meal Pattern Requirements**

This course talks about the updated meal pattern requirements and how they help the children develop healthy eating habits early and safeguard the overall wellness of adult participants. The updated requirements include five meal components to be served to both children and adults. These include milk, meat/meat substitutes, fruits, vegetables, and grains. The meal standards include a greater variety of vegetables and fruits, whole-grains, and lower levels of added sugar and saturated fat. The course consists of several lessons on each of the food groups, with the final lesson tying everything together and concentrating on meal preparation and service methods.1

I really enjoyed how interactive this course was. For example, we were given an activity on applying the Rule of Three method to assess whether a food product was considered whole-grain or not. These activities were engaging and helped with information retention. My favourite section was the final lesson that discussed different serving methods. Reading about why food shouldn’t be used as a reward was incredibly interesting. The resources this course provided are incredibly valuable and can assist in figuring out what foods to provide for adults and children of different age groups.

**Reference**

1. Loading. theicn.docebosaas.com. Accessed June 11, 2024. https://theicn.docebosaas.com/learn/courses/81/cacfp-child-and-adult-meal-pattern-requirements/lessons

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